

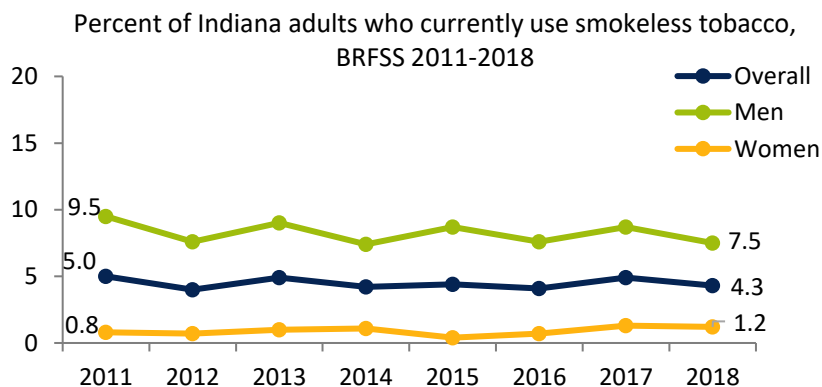
Spit Tobacco Use in Indiana

What is Spit Tobacco?

Spit tobacco, or smokeless tobacco, comes in two forms: moist snuff and chew. Snuff is a finely ground tobacco and is usually placed between the bottom lip and gum and held there. This is also referred to as “dipping.” Chewing tobacco is shredded tobacco leaves placed between the cheek and gum. Spit tobacco contains over 3,000 chemicals, including 28 that can cause cancer.¹

Spit Tobacco Use among Adults in Indiana and the U.S.

- About 4.3% of Hoosier adults were current spit tobacco users in 2018, similar to the U.S. median rate of 4.1%.^{2,3}
- Overall, there has been relatively little change in spit tobacco use among Hoosier adults between 2011 and 2018.
- Spit tobacco use is substantially higher among men (7.5%) than women (1.2%) in Indiana.²
- Among Indiana men in 2018, spit tobacco use was most prevalent among men with lower levels of education. Spit tobacco use was also highest among white men (8.4%), men with less than a high school education (11.6%) and men living in rural counties (11.8%).²



Spit Tobacco Use among Indiana Youth⁴

- In 2018, 1.5% of middle school students and 3.8% of high school students in Indiana were current spit tobacco users.
- Similarly with adults, spit tobacco use among youth is far higher among males than females.
- Approximately 1.8% of middle school males and 5.7% of high school males in Indiana reported current use of spit tobacco in 2018.

Quick Facts

Spit tobacco is not a safe alternative to cigarettes.

Spit tobacco increases the risk of a number of health problems including:

- Cancer of the mouth, esophagus, and pancreas
- Heart disease
- Stroke
- Mouth diseases
- Gum disease and tooth decay

In 2018, **4.3%** of Hoosier adults used spit tobacco.

In 2018, **3.8%** of Indiana high school students were current spit tobacco users.

Approximately **1 in 20** high school males in Indiana use spit tobacco.

Spit tobacco use is far higher among Hoosier men (7.5%) than among women (1.2%).

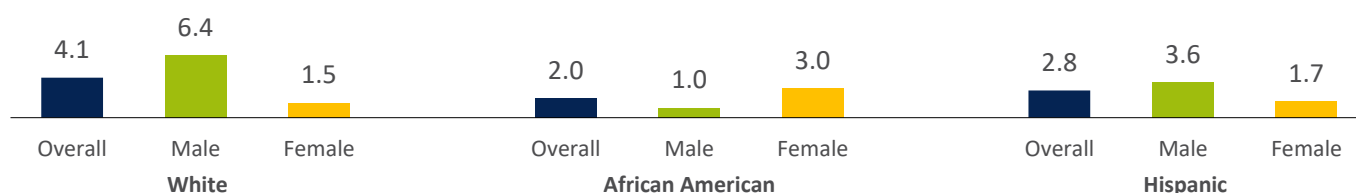
There has been little change in spit tobacco use among Hoosier adults in recent years.

Spit Tobacco Use in Indiana

Spit Tobacco Use among Indiana Youth by Race/Ethnicity and by Gender*

In 2018, white high school students reported the highest prevalence of spit tobacco use of any racial or ethnic group (4.1%). This was not significantly higher than spit tobacco use prevalence among Hispanic (2.8%) and African American (2.0%) students.

Percentage of Spit Tobacco Use among Indiana High School Students by Race/Ethnicity and Gender, 2018 Indiana Youth Tobacco Survey



Negative Health Effects

Spit tobacco is not a safe alternative to cigarettes. Use of spit tobacco increases the risk of many health problems including:

- **Cancers** of the mouth, esophagus, and pancreas.⁵
- **Mouth diseases:** Spit tobacco use can lead to leukoplakia, a disease of the mouth characterized by white or gray patches and lesions on the cheeks, gums, and tongue.⁵ Leukoplakia can lead to oral cancer.^{1,5}
- **Poor dental health,** including gum disease, tooth decay, and tooth loss.⁵
- **Cardiovascular diseases:** Spit tobacco use increases the risk of dying from heart disease or a stroke.^{1,5}
- **Addiction:** Spit tobacco contains nicotine, which is highly addictive.⁵

Resources for Quitting Spit Tobacco

Quitting the use of all tobacco is one of the best ways to improve health. For Hoosiers interested in quitting, the Indiana Tobacco Quitline provides free evidence-based support, advice, and resources. Tobacco users interested in quitting may contact the Quitline by calling 1-800-QUIT-NOW or visiting www.QuitNowIndiana.com.

¹ International Agency for Research on Cancer. *Smokeless Tobacco and Some Tobacco-Specific N-Nitrosamines*. Lyon, France: World Health Organization International Agency for Research on Cancer; 2007. IARC Monographs on the Evaluation of Carcinogenic Risks to Humans Volume 89.

² Indiana Behavioral Risk Factor Surveillance System, 2011-2018.

³ Behavioral Risk Factor Surveillance System, United States 2018.

⁴ Indiana Youth Tobacco Survey, 2018.

⁵ Centers for Disease Control and Prevention. *Smokeless Tobacco: Health Effects*. Atlanta (GA): Centers for Disease Control and Prevention; 2014 Nov 4 [cited 2016 Oct 6]. Available from http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/health_effects/index.htm.

*Rates among African American and Hispanic students may be unstable and should be interpreted with caution.

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